

# Modal verbs

1 Choose the correct verbs to complete the text.

## Get fit in five minutes?



Is it really possible to get fit by exercising for only five minutes a day? Experts now say that you 1 **don't have to/ mustn't** spend hours in the gym every day to get fit, but you 2 **can/were able to** improve your fitness a lot by just exercising for five minutes a day. However, you 3 **can/must** do the right kind of exercise! High Intensity Interval Training (HIIT) is a type of exercise where you 4 **had to/ have to** work very hard, but for very short periods of time. You typically do 30 seconds of an activity, then rest for ten seconds before starting again. You 5 **mustn't/don't have to** rest for too long between the periods of activity, because it's important to keep your heart working hard. We asked our readers to try HIIT training for five minutes a day for four weeks. What were the results?

Four weeks ago, I 6 **can't/wasn't able to** keep running for very long. I 7 **have to/had to** keep stopping to get my breath. Now I 8 **can/was able to** run for a full five minutes!  
#proud Ela (15)

When I started the training, I 9 **can't/couldn't** do sit-ups or push-ups at all. But I 10 **mustn't/didn't have to** do the exercises for very long before I started to improve. Now I love exercising, and you 11 **can't/don't have to** stop me!  
Dan (14)